

Dorin Stanciu

ELEMENTE DE DEZVOLTARE PERSONALĂ ȘI PROFESIONALĂ



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Cuvânt înainte

Această carte își datorează originile cursului de Dezvoltare Personală și Profesională din cadrul Universității Tehnice din Cluj-Napoca. În toți anii mei de practică aplicată în psihologie, anteriori susținerii acestui curs, am întreținut convingerea, destul de solidă, că știu suficient de bine ce înseamnă dezvoltarea personală și profesională. Cu toate acestea, experiența predării unui curs de Dezvoltare Personală și Profesională unor generații tinere, de persoane educate într-o lume cu o deschidere și o diversitate informațională fără precedent, a adus la iveală întrebări și dileme, dar și răspunsuri, pe care nu le bănuiam.

O parte dintre aceste întrebări și aspecte complexe își vor găsi locul în paginile ce urmează, în timp ce restul, fără răspuns aici, se reflectă în limitările aceste cărți. Așadar, ce este și ce nu este această carte? Aceasta carte nu este și nu are pretenția de a fi un îndrumar și cu atât mai puțin îndrumarul perfect în materie de dezvoltare personală și profesională. Există deja prea multe cărți publicate care își asumă acest rol. De asemenea, nu este purtător de cuvânt sau avocat al uneia sau alteia dintre perspectivele, mai mult sau mai puțin moderne, care domină diferite ramuri ale psihologiei, preocupate de bine, pozitiv, dezvoltare, optimizare etc. Această carte este rezultatul unei sinteze și interpretări personale a cunoștințelor și concluziilor la care a ajuns cercetarea astăzi, în privința unei serii de topici relevante pentru dezvoltare personală și profesională. Este, mai degrabă, o colecție de cunoștințe și repere de informare, departe de a fi exhaustivă sau ideală, al cărei rost este de a oferi cititorului un punct de plecare în a înțelege semnificația respectivelor topici pentru viața sa personală. Principalul scop al aceste cărți este de a-l determina pe cel care o deschide să își pună singur mai multe întrebări decât avea înainte, și de a căuta critic răspunsuri cât mai obiective și mai argumentate.

O mențiune foarte importantă care trebuie reținută de către cititor este că aceasta nu este o carte de psihologie. Ea se bazează extensiv și, în privința

unora dintre topici, exclusiv, pe cunoștințe și argumente identificate de cercetări fundamentale și avansate de psihologie, în special de psihologie pozitivă, dar nu constituie o carte de psihologie. Motivul pentru care multe topici sunt susținute extensiv de argumente identificate de psihologie este acela că, din păcate sau din fericire, psihologia este singura știință care s-a preocupat serios și profesionist de topica dezvoltării personale și profesionale până la această dată. Din fericire, pentru că psihologia are și atuurile metodologice, și limbajul și paradigmele necesare, și interesele adecvate. Din nefericire, pentru că dezvoltarea este o problemă de viață, iar o singură știință, oricât ar fi de avansată și de riguroasă, nu poate oferi tabloul complet.

Unii vor căuta în această carte soluții rapide, concrete și, eventual, universal aplicabile. Alții vor privi critic încadrarea „științifică” a scrierii. Ambele categorii de așteptări trebuie ponderate din start. Am încercat să păstrez un echilibru între exprimarea științifică, dusă într-un extrem al impersonalității și neimplicării, care lasă întreaga povară a concluziilor pe umerii cititorului, și o anume exprimare sfătoasă și colocvială, proprie multor scrieri care vizează același scop, și care este vulnerabilă la un subiectivism și interpretivism prezumțios. Această carte este dedicată în primul rând studenților mei, foști și viitori, a căror dezvoltare mă preocupă mai mult decât prin prisma însușirii unui maxim de cunoștințe. Lor le datorez, în general, multe dintre temele tratate aici, și, în special, motivația scrierii acestei cărți. Desigur, m-aș bucura ca această carte să folosească cât mai multora și, din acest punct de vedere, ea este dedicată cu toată inima tuturor acelor a căror sete de cunoaștere îi îndeamnă să afle mai mult, acelor care nu se mulțumesc cu ceea ce știu deja. Întrebările lor sunt cele care generează răspunsurile și ne fac mai înțelepți pe toți.

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